

(TMI Journeys - July 2016)

## ESCAPE TO FREEDOM

*by Andrea Berger*



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*Andrea Berger grew up in Bucharest, Romania, and has traveled throughout India studying yoga and meditation on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Andrea retired from a large consumer goods company, where she worked for 22 years as an Information Technology manager. She is an accredited trainer at The Monroe Institute® (TMI), a certified VortexHealing® Energy Healer, a Reiki Master, and an enthusiastic Yoga practitioner. She earned a Masters in Transpersonal Studies from Atlantic University founded by Edgar Cayce in Virginia Beach, Virginia.*

### **Growing up in communist Romania, freedom was a rare commodity.**

We had no freedom of speech, no spiritual or political freedom, no freedom to travel to Western countries. Food, utilities, and basic necessities were scarce. As such, I valued freedom above everything else, envying people who were lucky enough to be born into a democratic society. I set my sights early on, determined to escape to a democratic country, whatever the risks.

I came to the realization that the only freedom I had in Romania was the freedom to think. Nobody could take that freedom away from me! Hence, I valued immensely the ability to go inside, into my inner world, and have inner experiences, where I was free to think and act as I desired. I discovered that yoga and meditation were excellent tools to achieve that inner freedom, and, though forbidden in Romania, I began to practice in secret.

My inner journeys were as adventurous as any "physical" journey can be. They put me in contact with my inner guides and deceased relatives, who helped me eventually escape

Romania. Once in the USA, I discovered The Monroe Institute (TMI) and its audio technology, which affects the state of consciousness of the listener, resulting in “whole-brain cognition,” a state in which a person interacts more holistically, emotionally and mentally, with the cognitive environment.

The TMI tools turbocharged my meditations and inner practices. I found the TMI programs and techniques to be very effective in dealing with stress, anxiety, insomnia, phobias, pain, and changing unwanted behaviors. They also help increase creativity, improve concentration, getting in touch with one's inner guidance, among many other benefits, resulting in positive changes in one's life.

Most importantly, an outcome of attending TMI programs is the freedom from fear. As Bob said, "Fear is the great barrier to human growth." The TMI programs and tools allow us to reach expanded states of consciousness in which we can come to realize that we are so much more than our physical bodies. Eventually, there comes a great sense of freedom, knowing that we (our non-physical Selves) are eternal.

Another gift I received from TMI is the ability to return at will to a peaceful and joyful state of being, regardless of outside circumstances.

In summary, I am deeply grateful to TMI for the tools I acquired, which gave me:

Freedom from stress and anxiety

Freedom from fears and limiting beliefs, including fear of death

Above all -- Freedom to create my own future and connect with my Higher Self!

Since discovering The Monroe Institute, I have become a trainer of TMI programs both in the US and abroad, including Romania! It has recently been my joy to organize and teach TMI programs online. One of these is the **Gateway Experience®**. This program gives people practical tools for everyday use to achieve greater personal freedom:

- experiencing deep, targeted states of consciousness and gaining a deeper understanding of yourself
- opening new perceptual channels for expanding and integrating personal awareness
- increasing creative insights
- dissolving fears and limiting beliefs
- obtaining guidance and answers to questions and problems
- experiencing profound inner wisdom
- developing greater present time focus, being more aware of synchronicities
- setting and achieving goals for the future
- exploring the out-of-body state and other energy systems

Many participants have reached a new level of personal freedom through this program, as reflected in some of their comments:

*"I am using the TMI tools in my day-to-day life more than ever before. They help free myself of stress and anxiety, which previously consumed me. I am more calm in every aspect of my life and I am more aware of things: love, details, work."*

*"I use the Problem Solving technique about two times per week. The answers I get are surprising, creative and they work. Thanks so much. It has changed my life!"*

*"I enjoy my life more and I improved my relationships with others. The TMI tools helped me free myself of undesirable habits and limiting beliefs."*

*"I learned a lot about myself ... new experiences, new insights, new adventures...and above all, I gained more inner Freedom -- the biggest gift of all! "*

I am honored to bring TMI's programs to people all over the world, helping them improve their lives and ultimately achieve more freedom!